

SR	SR	SR	SR	SR	SR	Content
<p>Level 6</p> <p>1. 1 Cast – min. of horizontal</p> <p>2. Min. of 1 bar change</p> <p>3. One 360° Clear Circling element from Grp. 3, 6 or 7</p> <p>4. Dismount, min. of “A”</p> <p>Level 7</p> <p>1. 1 Cast–min. of 45° from vertical</p> <p>2. & 3. Two 360° clear circling elements, same or different (no hips on bar)</p> <p>- One must be a “B”</p> <p>- One from Grp. 3, 6 or 7</p> <p>4. Salto/Hecht Dmt–Min. of “A”</p>	<p>Level 8</p> <p>1. Min. of 1 bar change</p> <p>2. & 3. Two “B” elements, same or different:</p> <p>- One with flight (Not in dmt.); OR one with turn (Not in mnt. or dmt.)</p> <p>- One 360° circle elem. from Grp. 3, 6 or 7 (not in dmt)</p> <p>4. Salto or Hecht Dmt.</p> <p>- Min. of “A”</p>	<p>Level 6</p> <p>1. One acro element from Group 5, 6 or 7 (Must start & finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Min. of “A” dismount, with or w/out hand support</p>	<p>Level 7</p> <p>1a. Acro Series with a min. of 2 “A’s” or “B’s” with or without flight, AND</p> <p>1b. One acro flight element (included in series or isolated). (All SR Acro must start & finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Aerial or salto dmt.- Min. of “A”</p> <p>Level 8</p> <p>Same as Level 7 except #1.</p> <p>1. Series –min. of 2 elements, 1 with flight. (Both must start & finish on beam)</p>	<p>Level 6</p> <p>1. One Acro series (min.3 directly connected flight or non-flight elements, with or without hand support) Rolls do not fulfill req.</p> <p>2. One salto or aerial acro element (bwd, fwd or swd)(Isolated or in 2nd series)</p> <p>3. Dance passage w/ min. of 2 different Group 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p>	<p>Level 7</p> <p>1. One Acro series (min.3 directly connected flight elem -one a back layout to 2 feet</p> <p>2. A direct connection of 2 or more forward acro elements with flight – one must be a salto or aerial</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>Level 8</p> <p>1. One Acro series w/ 2 saltos OR 2 directly connected saltos (same or diff.)</p> <p>2. 3 Diff. Saltos (not aerials) within exercise</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Dmt. – Min. of “A” salto</p>	<p>8 7 6</p> <p>A 4 5 5</p> <p>B 4 2 1</p> <p>C 0 0 0</p> <p>SV 10 10 10</p> <p>Level 6-8: Allowable C’s = B</p> <p>All levels: Restricted elements = no Value-Part credit +0.50 deduction from SV</p> <p>Missing Spec. Req. = 0.50</p>

Composition – Execution Deductions		Landing – Execution – General	
<p>Uneven Bars</p> <p>Composition (LEVEL 8 ONLY)</p> <p>Insufficient distribution of elements $\uparrow .10$</p> <p>Uncharacteristic elements each $\downarrow .10$</p> <p>3/4 fwd. Giant circle (w/ or w/o grip change) each $\downarrow .10$</p> <p>Lack of variety of elements & connections $\uparrow .10$</p> <p>Lack of elements that achieve (or pass thru) vertical $\uparrow .20$</p> <p>Execution</p> <p>Swing fwd. or bwd. under horizontal each $\uparrow .10$</p> <p>Under- rotation of release/flight elements $\uparrow .10$</p> <p>Precision of handstand positions throughout $\uparrow .10$</p> <p>Insuff. extension of glides/swing into kips $\uparrow .10$</p> <p>Poor rhythm in elements/connections $\uparrow .10$</p> <p>Hesitation in jump or swing to HS $\uparrow .10$</p> <p>Touch, brush of foot/feet on apparatus/mat $\uparrow .10$</p> <p>Landing too close to bars on dismount $\downarrow .10$</p> <p>Insuff. amplitude of elements each $\uparrow .20$</p> <p>Insufficient dynamics $\uparrow .20$</p> <p>- Insufficient swingful execution throughout</p> <p>- Energy maintained throughout exercise</p> <p>- Makes difficult look effortless</p> <p>Hit of foot/feet on apparatus $\downarrow .20$</p> <p>Incorrect padding (heel/hip) CJ $\downarrow .20$</p> <p>Insufficient height of salto dismount $\uparrow .30$</p> <p>Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount $\uparrow .30$</p> <p>Hit of foot/feet on mat $\downarrow .30$</p> <p>Grasp on apparatus to avoid a fall $\downarrow .30$</p> <p>Intermediate (extra) swing/cast (Max. of .60 per elem.) $\downarrow .30$</p> <p>Insuff. amplitude of “B” Clear hip circles $\uparrow .40$</p> <p>Full support on foot/feet on mat during routine $\downarrow .50$</p>	<p>Balance Beam</p> <p>Composition (LEVEL 8 ONLY)</p> <p>Missing Acro elements bwd & fwd or swd each $\downarrow .10$</p> <p>- If only in dismount $\downarrow .05$</p> <p>Spatially - insuff. use of entire beam $\uparrow .10$</p> <p>Insufficient distribution of elements $\uparrow .10$</p> <p>-Dmt. a single ele. of min. req. difficulty for Lev. $\downarrow .05$</p> <p>Insufficient level changes $\uparrow .10$</p> <p>Failure to show movement/choreography in diff. directions (fwd/swd/bwd) $\uparrow .10$</p> <p>Lack of variety in choice of Acro elements</p> <p>More than 2 pivot (str. leg 1/2 turns) throughout exercise $\downarrow .10$</p> <p>More than 2 dance elements of the same shape (tuck/wolf or straddle) each type $\downarrow .10$</p> <p>More than 1 leap/jump to front support each $\downarrow .10$</p> <p>Acro elements not up to competitive level $\downarrow .20$</p> <p>Lack of balance between acro & dance elements $\downarrow .20$</p> <p>Lack of dance series (min. of 2 elements from Gr. 1, 2, or 3) $\downarrow .20$</p> <p>More than one element before mount $\downarrow .20$</p> <p>Execution</p> <p>Feet apart on side pos. landing of leap/jumps each $\uparrow .10$</p> <p>Hesitation in jump, press, swing to HS $\uparrow .10$</p> <p>Incorrect body pos./alignment in dance elem. each $\uparrow .10$</p> <p>Lack of precision in dance elements each $\uparrow .10$</p> <p>Turn elements not performed in high relevé each $\uparrow .10$</p> <p>Landing too close to beam on dismount $\downarrow .10$</p> <p>Concentration pause (more than 2 sec.) each $\downarrow .10$</p> <p>Rhythm of conn.- dance/mixed/acro (not bwd. flight) each $\uparrow .20$</p> <p>Insufficient split when required (dance/acro elements) $\uparrow .20$</p> <p>Legs not parallel to beam in split or straddle pike $\uparrow .20$</p> <p>Insufficient dynamics $\uparrow .20$</p> <p>Insuff. height of leaps/jumps/hops each $\uparrow .20$</p> <p>Insuff. height of acro flights, aerials & saltos each $\uparrow .20$</p> <p>Insuff. sureness of performance - throughout $\uparrow .20$</p> <p>Insuff. variation in rhythm/tempo - throughout $\uparrow .20$</p> <p>Relaxed/incorr. footwork in non-VPs throughout $\uparrow .20$</p> <p>Support of 1 leg against side of BB $\downarrow .20$</p> <p>Insuff. height of salto dismount $\uparrow .30$</p> <p>Add'l movements to maintain balance on the beam $\uparrow .30$</p> <p>Direction of gainer dmt. off end of beam $\uparrow .30$</p> <p>Insuff. Extension (Open) of tuck/pike body pos. Prior to landing Acro elem. & dismount $\uparrow .30$</p> <p>Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout $\uparrow .30$</p> <p>Artistry/Presentation $\uparrow .30$</p> <p>- Originality/creativity of choreography $\uparrow .10$</p> <p>- Quality of movement reflects personal style $\uparrow .10$</p> <p>- Quality of expression $\uparrow .10$</p> <p>Grasp of beam to avoid a fall $\downarrow .30$</p>	<p>Floor Exercise</p> <p>Composition (LEVEL 8 ONLY)</p> <p>Insufficient distribution of elements $\uparrow .10$</p> <p>Space (use of entire floor area) & direction each $\uparrow .10$</p> <p>Failure to perform saltos or aerials in 2 diff. directions (bwd & fwd or swd) $\downarrow .10$</p> <p>More than 2 dance elements of the same shape (tuck/wolf or straddle) each type $\downarrow .10$</p> <p>More than 1 leap/jump to prone position each $\downarrow .10$</p> <p>Lack of balance between acro & dance elements $\downarrow .20$</p> <p>Acro elements not up to competitive level $\downarrow .20$</p> <p>Lack of turn on 1 foot, min. B $\downarrow .20$</p> <p>Lack of min. of “B” salto (Level 8) $\downarrow .30$</p> <p>Execution</p> <p>Feet apart on landing of leap/jumps each $\uparrow .10$</p> <p>Incorr. rhythm during execution of direct conn. each $\uparrow .10$</p> <p>Incorrect body pos./alignment in dance elem. each $\uparrow .10$</p> <p>Lack of precision in dance elements each $\uparrow .10$</p> <p>Turn VPs not performed in high relevé each $\uparrow .10$</p> <p>Concentration pause (more than 2 sec.) each $\downarrow .10$</p> <p>Legs not parallel to floor in split or straddle pike $\uparrow .20$</p> <p>Insuff. height of leaps/jumps/hops each $\uparrow .20$</p> <p>Insuff. height of acro flights & aerials each $\uparrow .20$</p> <p>Insufficient split on elements $\uparrow .20$</p> <p>Insufficient dynamics $\uparrow .20$</p> <p>Insuff. variation in rhythm/tempo throughout $\uparrow .20$</p> <p>Relaxed/incorr. footwork in non-VPs throughout $\uparrow .20$</p> <p>Poor relationship of music & movement throughout $\uparrow .20$</p> <p>Insuff. height of saltos each $\uparrow .30$</p> <p>Insuff. Extension (open) of tuck/pike body pos. prior to landing Acro elements $\uparrow .30$</p> <p>Relaxed/incorr./insuff leg pos./body posture, & flexibility in non-VPs throughout $\uparrow .30$</p> <p>Missing synchronization of movement & musical beat $\uparrow .30$</p> <p>- Each time $\downarrow .05$</p> <p>- Exercise not ended with music $\downarrow .10$</p> <p>Artistry/Presentation $\uparrow .30$</p> <p>- Originality/creativity of choreography $\uparrow .10$</p> <p>- Quality of movement reflects personal style $\uparrow .10$</p> <p>- Quality of expression $\uparrow .10$</p> <p>Music with words (CJ) $\downarrow .10$</p> <p>Absence of music (CJ) $\downarrow .10$</p>	<p>Landing</p> <p>Slight hop, adjustment of feet, Feet staggered $\uparrow .10$</p> <p>Deviation from straight direction $\uparrow .10$</p> <p>Extra arm swings $\uparrow .10$</p> <p>Feet more than hip-width apart $\downarrow .10$</p> <p>Steps (each $\downarrow .10$) max. $\downarrow .40$</p> <p>Trunk movements for balance (UB/BB dmt. & FX acro) $\uparrow .20$</p> <p>Incorrect body posture $\uparrow .20$</p> <p>Large step or jump $\downarrow .20$</p> <p>Brush/touch of landing surface w/ 1 or 2 hands (no support) $\uparrow .30$</p> <p>Squat upon landing $\uparrow .30$</p> <p>Spotting assist upon landing Award VP + $\downarrow .50$</p> <p>Execution</p> <p>Flexed/sickled feet during Value Parts each time $\downarrow .05$</p> <p>Legs: crossed $\uparrow .10$ separated $\uparrow .20$</p> <p>Insufficient exactness of body shape – N, V, / $\uparrow .20$</p> <p>(Stretched - Arch or Hip angle: 136-179°)</p> <p>Failure to maintain stretched body pos. $\uparrow .20$</p> <p>- Pikes down (UB, BB, FX) $\uparrow .20$</p> <p>Incomplete turn/twist $\uparrow .20$</p> <p>Bent arms in support or bent legs $\uparrow .30$</p> <p>Fall or support on hand(s) on apparatus or mat $\downarrow .50$</p> <p>Fail to land on bottom of feet first in saltos & dismounts Fall ($\downarrow .50$) + No VP/SR</p> <p>General</p> <p>Fail to present before/after (CJ) each time $\downarrow .10$</p> <p>Exceeds Floor Ex. boundary (CJ) each time $\downarrow .10$</p> <p>Overtime-BB/FX (CJ) $\downarrow .10$</p> <p>Coach stands between bars or next to BB throughout exercise (CJ) $\downarrow .10$</p> <p>Excessive use of magnesium (chalk) (CJ) $\downarrow .20$</p> <p>Incorrect attire/jewelry (after 1 warning) (CJ) $\downarrow .20$</p> <p>Verbal cues by coach/team (after warning) (CJ) $\downarrow .20$</p> <p>Coach instructs gymnast during routine (CJ) $\downarrow .20$</p> <p>Failure to begin exer. within 30 sec. of CJ signal (CJ) $\downarrow .20$</p> <p>Exceeds warm-up time (after warning) (CJ) $\downarrow .20$</p> <p>Incorrect apparatus specs (CJ) $\downarrow .30$</p> <p>Board on unpermitted surface (CJ) $\downarrow .30$</p> <p>Failure to remove board after mount (CJ) $\downarrow .30$</p> <p>Use of Supplementary mats (CJ) $\downarrow .30$</p> <p>No Dismount from Start Value $\downarrow .30$</p> <p>Spotting Assist on element No VP awarded + $\downarrow .50$</p> <p>Starts exercise before signal (repetition) (CJ) $\downarrow .50$</p> <p>3rd run approach (UB/BB mounts) $\downarrow .50$</p> <p>Coach on FX mat (CJ) $\downarrow .50$</p> <p>Short Exercise: BB/FX-less than 30 sec. (CJ) $\downarrow .50$</p> <p>UB- (less than 5 Value Parts)</p> <p>Exceeds Fall time (UB/BB) CJ Terminates exercise</p>